

# Keeping it Fresh

Say goodbye to limp lettuce and moldy melons by knowing how to store and when to serve your produce.

Some fruits and veggies last longer than others. With a little planning, you can shop just once, and still have a week's worth of fresh produce. Not sure which fruits and veggies to eat first? Use the following to help you plan your week of meals.



## When to Serve

Asparagus  
Broccoli  
Corn  
Green Beans  
Strawberries  
Bananas

Cucumbers  
Eggplant  
Grapes  
Lettuce  
Zucchini

Bell Peppers  
Cauliflower  
Spinach  
Tomatoes  
Oranges  
Pears

Apples  
Cabbage  
Carrots  
Brussel Sprouts  
Collards  
Winter Squash

**Beginning of  
the Week**

**Middle of  
the Week**

**End of  
the Week**

**After a Week  
or Longer**

## Where to Store

Where you store your fruits and veggies makes a difference in how long they last.

Simply follow these storage guidelines to maximize their freshness.

### Keep in the refrigerator:

- **Fruits:** apples, berries, cherries, grapes, and cut melon.
- **Veggies:** Most fresh veggies with the exception of those listed to the right.
- Wait to wash refrigerated produce until you are ready to eat them.

### Leave out on the counter:

- **Fruits:** avocados, mangoes, bananas, oranges, grapefruit, and pineapple.
- **Veggies:** onions, tomatoes, and butternut and acorn squash.



Bananas cause other fruits and veggies stored near them to ripen more quickly, so keep them in a separate place.

